

AMENDMENTS TO THE CLAIMS

1. (Canceled).
2. (Canceled).
3. (Canceled).
4. (Canceled).
5. (Canceled).
6. (Canceled).
7. (Canceled).
8. (Canceled).
9. (Canceled).
10. (Canceled).
11. (Canceled).
12. (Canceled).
13. (Canceled).
14. (Canceled).
15. (New) A food comprising psyllium and a polysaccharide in an amount effective to reduce viscosity of the psyllium upon hydration, wherein said polysaccharide has a molecular weight of 20,000 or greater, and a 2% by weight aqueous solution consisting of

the polysaccharide and water has a viscosity of 9.0 cp or less (determined using a type B viscometer with Rotor No. 1, at 60 rpm and 25°C).

16. (New) The food of Claim 15 wherein said polysaccharide is granulated.
17. (New) The food of Claim 15 wherein said polysaccharide is selected from the group consisting of modified starch, arabinogalactan, partially decomposed guar gum, pullulan, dietary fiber, and mixtures thereof.
18. (New) The food of Claim 17 wherein the polysaccharide is a modified starch, said modified starch comprising a starch modified by one or more treatment selected from the group consisting of oxidation, etherification, esterification, and gelatinization.
19. (New) The food of Claim 17 wherein the polysaccharide is a modified starch selected from the group consisting of oxidized tapioca starch, oxidized potato starch, acid-treated gelatinized potato starch, waxy cornstarch octenyl succinate, acid-treated hydroxypropyl etherified tapioca starch, and mixtures thereof.
20. (New) The food of Claim 19 wherein the polysaccharide is acid-treated hydroxypropyl etherified tapioca starch, and a weight ratio of polysaccharide to psyllium is in the range of 0.125-20.
21. (New) The food of Claim 19 wherein the polysaccharide is acid-treated hydroxypropyl etherified tapioca starch, and a weight ratio of polysaccharide to psyllium is in the range of 0.125-10.
22. (New) The food according to Claim 15 in the form of liquid.
23. (New) The food of Claim 22 wherein the polysaccharide comprises at least one modified starch selected from the group consisting of etherified starch, etherified starch, and a mixture thereof.

24. (New) The food of Claim 22 wherein the polysaccharide is a modified starch selected from the group consisting of an acid-treated hydroxypropyl etherified tapioca starch, a waxy cornstarch octenyl succinate, and a mixture thereof.

25. (New) The food according to Claim 16 in the form of powder.

26. (New) The food of Claim 25 wherein the polysaccharide comprises 70% by weight or more of particles sufficiently large to remain on a 140 mesh sieve.

27. (New) A method of reducing viscosity of an aqueous solution containing psyllium comprising a step of adding a polysaccharide to the psyllium, wherein an amount of the polysaccharide is effective to reduce viscosity of the aqueous solution containing psyllium, said polysaccharide has a molecular weight of 20,000 or greater, and a 2% by weight aqueous solution consisting of the polysaccharide and water has a viscosity of 9.0 cp or less (determined using a type B viscometer with Rotor No. 1, at 60 rpm and 25°C).

28. (New) The method according to Claim wherein the step of adding according a polysaccharide to the psyllium is performed according to any combination selected from the group consisting of;

- (a) said psyllium with an aqueous material containing said polysaccharide,
- (b) a particulate mixture of the polysaccharide and psyllium with an aqueous material,
- (c) an aqueous material containing the polysaccharide with an aqueous material containing psyllium, and
- (d) an aqueous material containing the psyllium with the polysaccharide.

29. (New) The method of Claim 27 wherein said polysaccharide is granulated.

30. (New) The method according to Claim 27 wherein said polysaccharide is selected from the group consisting of modified starch, arabinogalactan, partially decomposed guar gum, pullulan, dietary fiber, and mixtures thereof.

31. (New) The method according to Claim 30 wherein the polysaccharide is a modified starch, said modified starch comprising a starch modified by one or more treatment selected from the group consisting of oxidation, etherification, esterification, and gelatinization.

32. (New) The method according to Claim 30 wherein the polysaccharide is a modified starch selected from the group consisting of oxidized tapioca starch, oxidized potato starch, acid-treated gelatinized potato starch, waxy cornstarch octenyl succinate, acid-treated hydroxypropyl etherified tapioca starch, and mixtures thereof.

33. (New) The method according to Claim 32 wherein the polysaccharide is acid-treated hydroxypropyl etherified tapioca starch, and a weight ratio of polysaccharide to psyllium is in the range of 0.125-20.

34. (New) The method according to Claim 32 wherein the polysaccharide is acid-treated hydroxypropyl etherified tapioca starch, and a weight ratio of polysaccharide to psyllium is in the range of 0.125-10.